



Step Safely... Enjoy Life!

Join us for this special
7-Week “Stepping On” Workshop
Thursdays, March 5, 12, 19, 26, April 9, 16, 23
1:15 p.m. – 3:15 p.m.

Stepping On is a program proven to reduce falls and build confidence! This casual, small-group workshop will help you gain specific knowledge and skills to prevent falls at home and in community settings.

Stepping On is for YOU if you:

- Live in your home or independent apartment
- Are able to walk without the help of another person
- Do not use a walker, scooter or wheelchair most of the time indoors
- Are cognitively intact
- Are at risk of falling, have a fear of falling or have fallen one or more times

Subjects covered include:

- Simple and fun strength and balance exercises
- The role vision plays in keeping your balance
- How medications can contribute to falls
- Ways to stay safe when out and about in your community
- What to look for in safe footwear
- How to check your home for safety hazards

Cost for the seven-week workshop is: Free for the first 12 participants
\$15 ankle weight deposit is requested
Includes a light snack each week.

To reserve your spot, call the Jefferson Area Senior Center registration
(920) 674-7728, **by February 23, 2015.**

Please include names of attendees and a contact phone number.
Questions? Call (262) 470 - 8984 or e-mail lclay@waukeshacounty.gov

Jefferson Area Senior Center
859 Collins Road

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